

Event Update

OUR THIRD COMMUNITY HEALTH EVENT AND NEW PILOT PROGRAM



Our Healthy Community Event: Diabetes Awareness

For the third installment in the series of Community Health Events in Enfield, NC we were joined by a EB Odom, a registered dietitian, and Chef Craig. They worked together to provide information and food catered to a diabetic-friendly audience.

EB Odom, a registered dietitian, spoke to attendees about diabetes. Her presentation addressed what diabetes is, precautions to take in preventing diabetes, signs and symptoms, what to do if you have diabetes, questions to ask your doctor, and how to make better food choices as a diabetic.

After the presentation, everyone gathered around to get an up close cooking demonstration from Chef Craig. To stay in the theme of Diabetes Awareness, he created a diabetic-friendly dish, Green Spaghetti with Rotisserie Chicken. Plenty of fresh vegetables and herbs make this meal refreshing and colorful. This meal comes together rather quickly with a total time for of just 30 minutes, creating 8 servings at 540 calories each.



During the January event attendees were given the opportunity to sign up for a meal kit being piloted by NCCAA, Cooked. The purpose of Cooked. is to provide easy access to healthy ingredients and recipes to help create healthier communities through nutrition. Through Cooked, participants were given enough food to prepare four meals (Vegetable Omelet, Baked Burger with Sweet Potato Fries, Banana Oatmeal Pancakes, and Honey Lemon Chicken and Vegetables). Everyone who received a Cooked. meal kit agreed to complete a survey related to their meal kit experience. At the next meeting, surveys will be returned to provide information on what worked well and what could be improved with future meal kits.

February 8th will be the last in the series of health events. This final event will focus on Heart Health Awareness. We look forward to a presentation from Oliver Jenkins and a live food demonstration from Chef Craig. In addition, another Cooked. meal kit will be provided with different recipes for recipients to try and review.